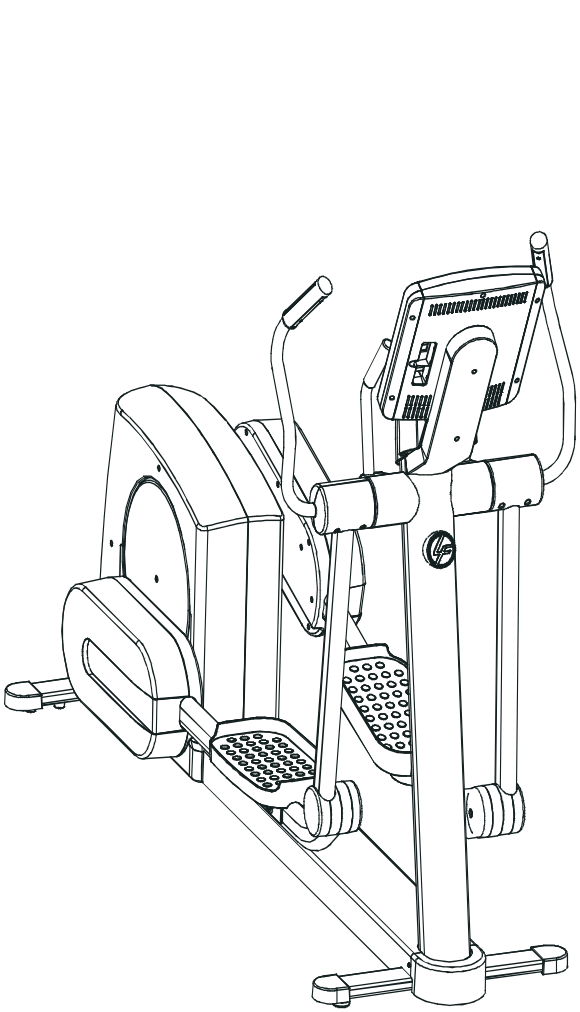
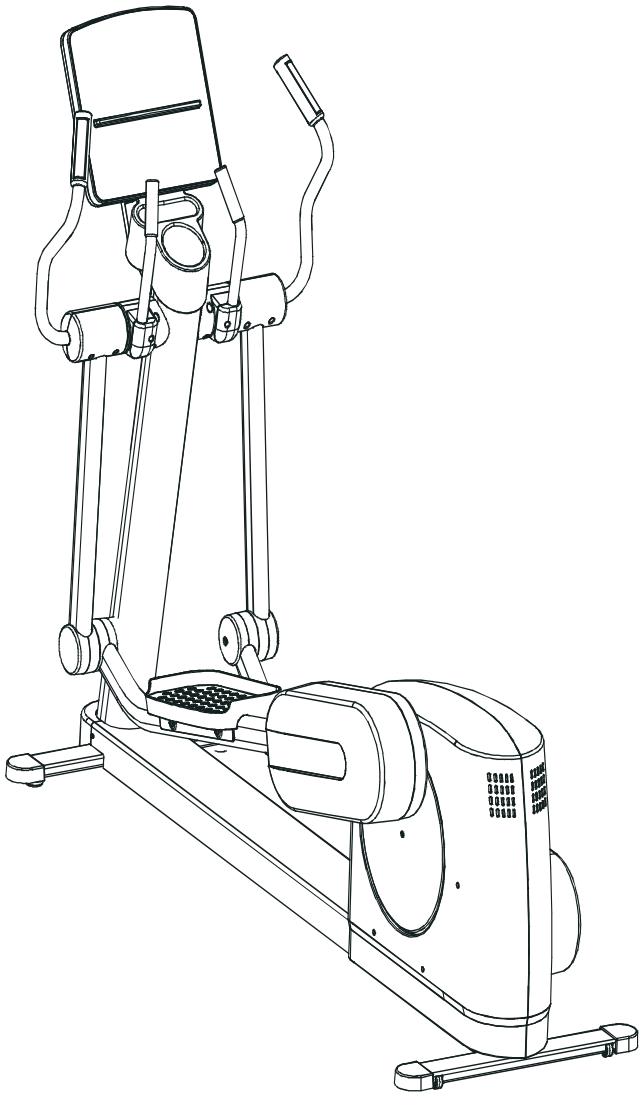
LifeFitness

ARCTIC SILVER QUIET DRIVE
CROSS-TRAINER 90XW-0XXX-03
(MADE IN HUNGARY)





Customer Support Services

PARTS MANUAL rev 14 Jun 2010

OPERATION MANUAL	M051-00K62-A111
SERVICE MANUAL	M051-00K62-A149
TOUCH UP PAINT: SPRAY CAN .5 OZ BOTTLE W/APPLICATOR .33 OZ PEN	 0017-00008-0204 0017-00008-0205 0017-00008-0206
PLUG IN OPTION 120/60	GK62-00002-0018
PLUG IN OPTION 240/50 UK	GK62-00002-0019
PLUG IN OPTION 240v	GK62-00002-0020
PLUG IN OPTION 230/50 CONT	GK62-00002-0021
POWER CABLE W/BRACKET ASSY. ASSEMBLY CONSISTS OF: 1) COAX CABLE 2) POWER EXTENSION CABLE 3) ACCESS PANEL BRACKET 4) F TYPE CONNECTOR 5) PLASTIC GROMMET (QTY. 2)	AK62-00210-0000 AK32-00020-0002 AK32-00078-0001 0K62-01179-0001 0017-00021-2846 0017-00042-0754
HARDWARE BAG	AK62-00152-0001

NOTE: ADDING THE BOLT ON LCD SCREEN TO THE 90XW-0XXX-03 MAKES THE UNIT A 90XER-0XXX-03.

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CONSOLE SUPPORT & DEADSHAFT COVERS 4

HANDLEBARS AND BULLHORNS 5

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ROCKER ARMS AND PEDAL LEVERS 8

CRANK COVER AND LOWER CAPS 9

LOWER FRAME SHROUDS AND HARDWARE 10

PEDAL LEVER COMPONENTS 11

PCB, BATTERY, REED SWITCH & BRACKET 12

BEARING-INSERT ASSEMBLY 13

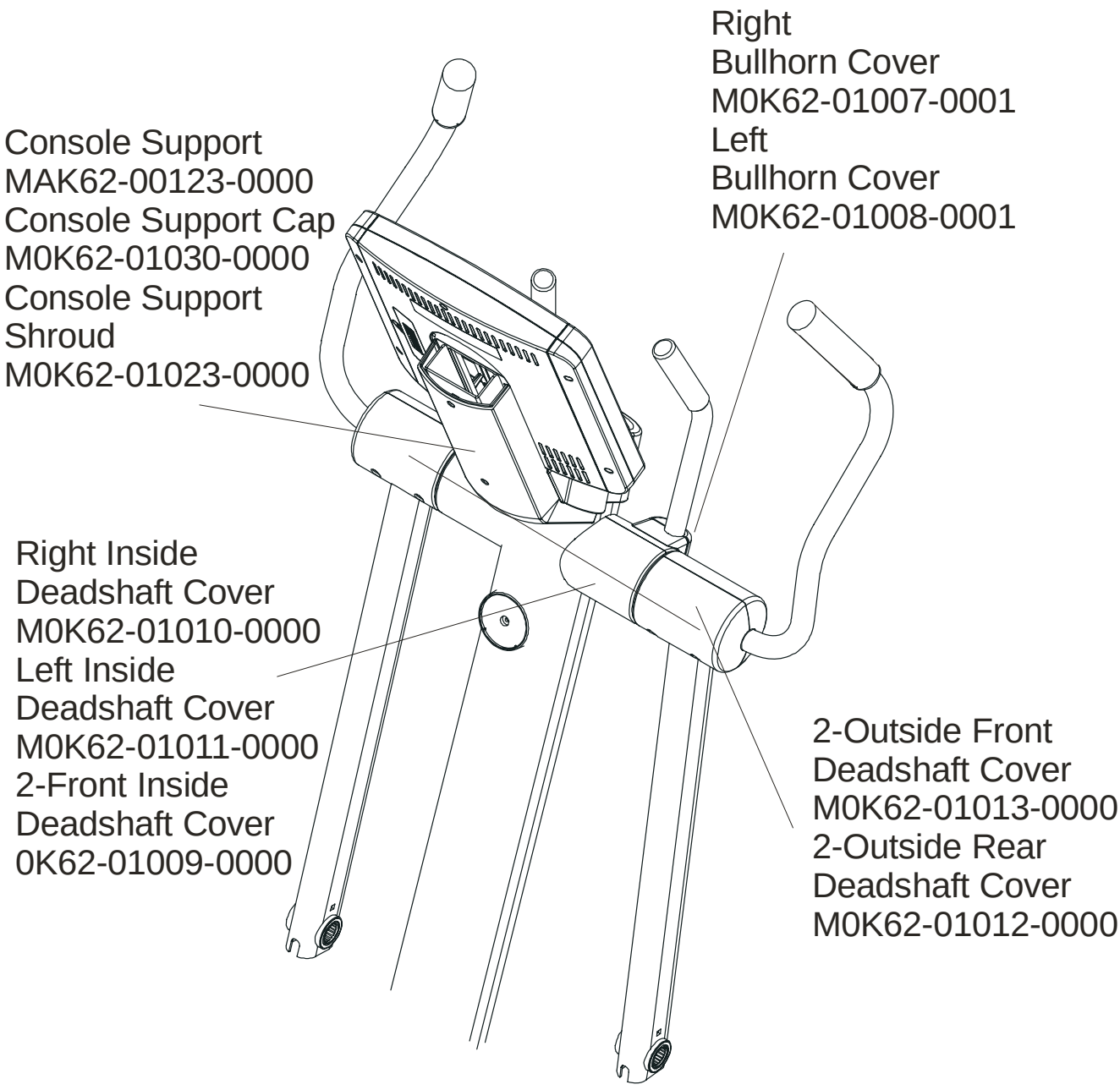
CRANK ARM PULLEY ASSEMBLY 14

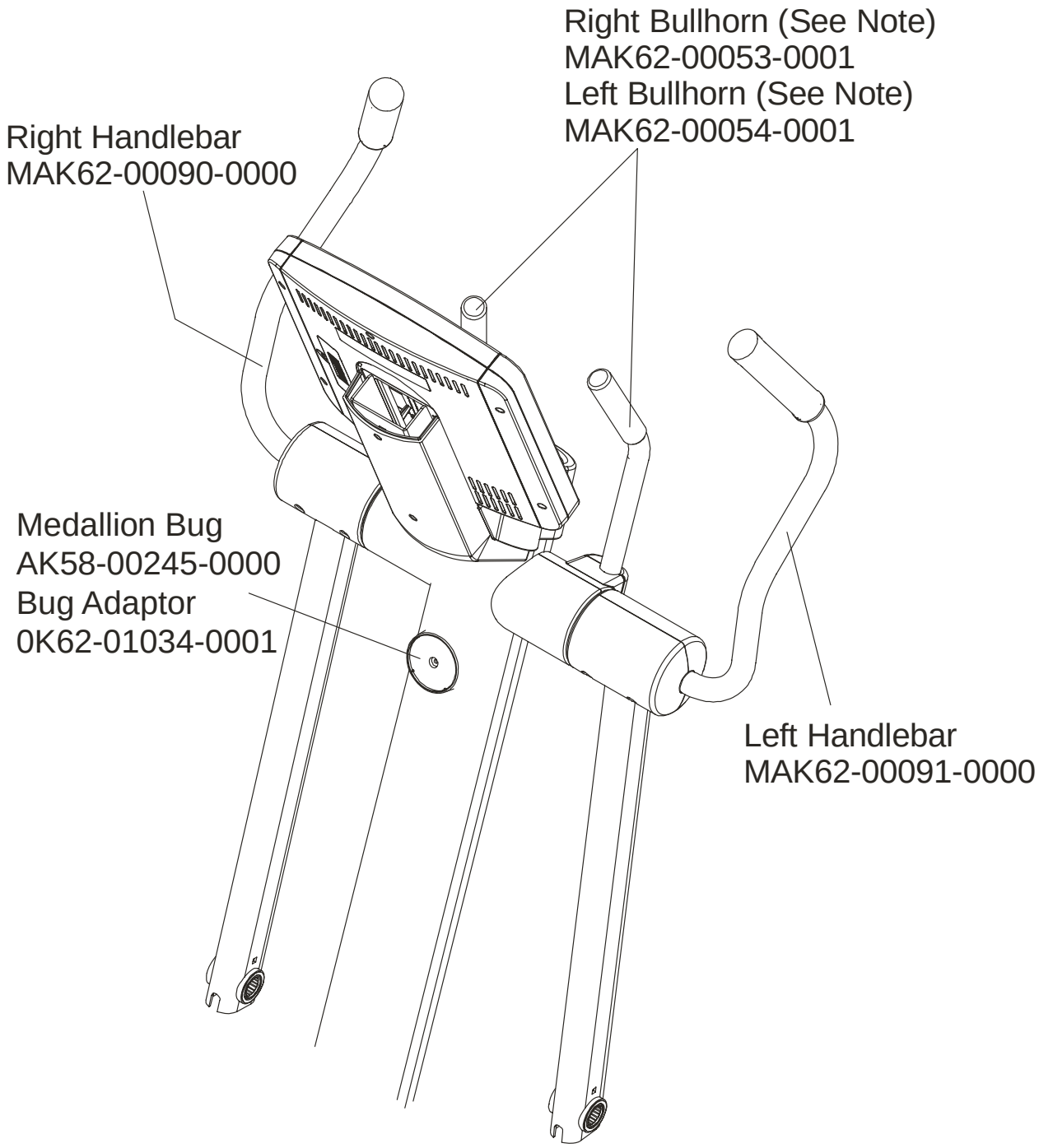
DRIVE MODULE 15

DRIVE MODULE HARDWARE 16

CABLES 17

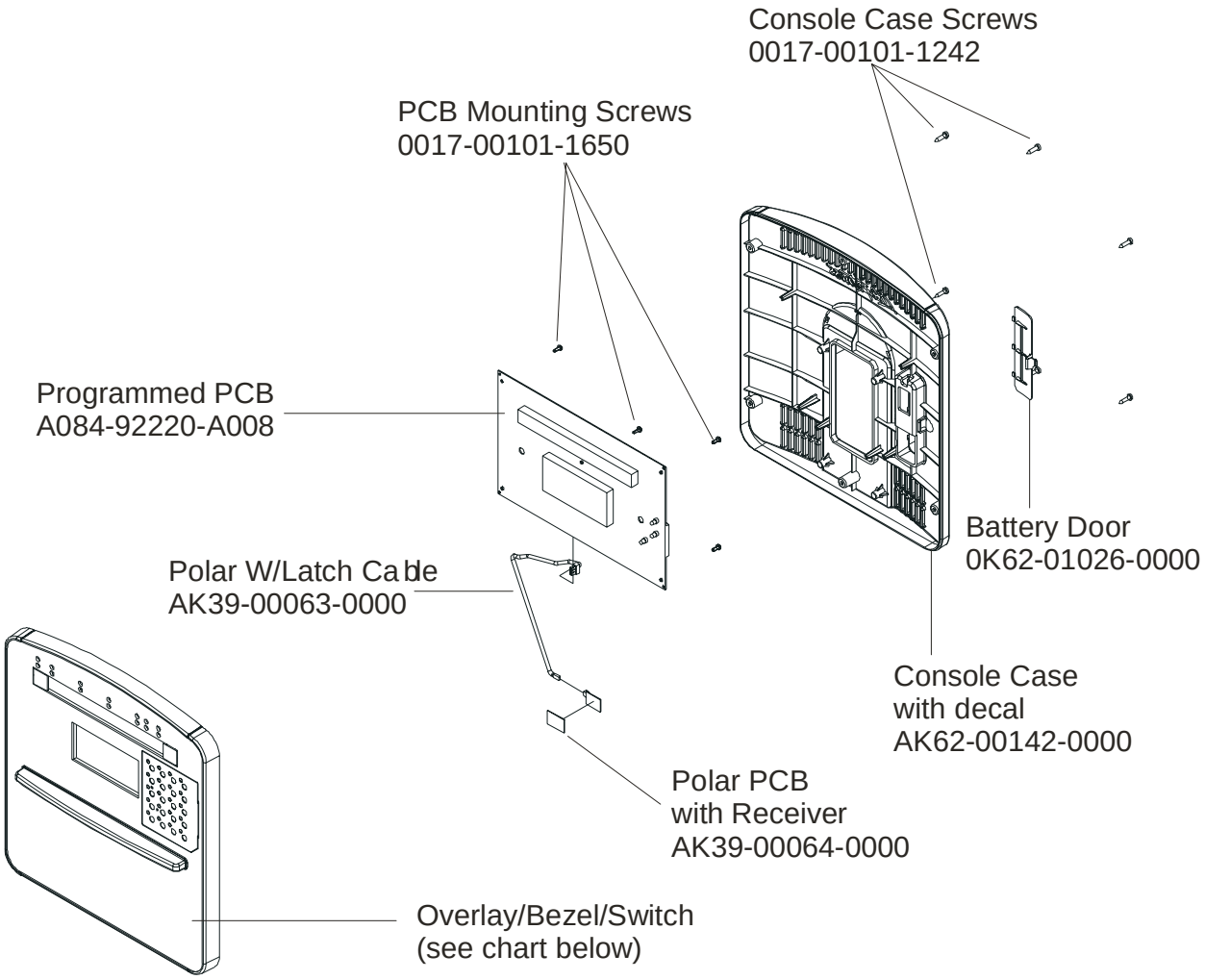
Note: The 90XW has Telemetry only.


Right
Bullhorn Cover
M0K62-01007-0001
Left
Bullhorn Cover
M0K62-01008-0001
Console Support
MAK62-00123-0000
Console Support Cap
M0K62-01030-0000
Console Support
Shroud
M0K62-01023-0000
Right Inside
Deadshaft Cover
M0K62-01010-0000
Left Inside
Deadshaft Cover
M0K62-01011-0000
2-Front Inside
Deadshaft Cover
0K62-01009-0000
2-Outside Front
Deadshaft Cover
M0K62-01013-0000
2-Outside Rear
Deadshaft Cover
M0K62-01012-0000



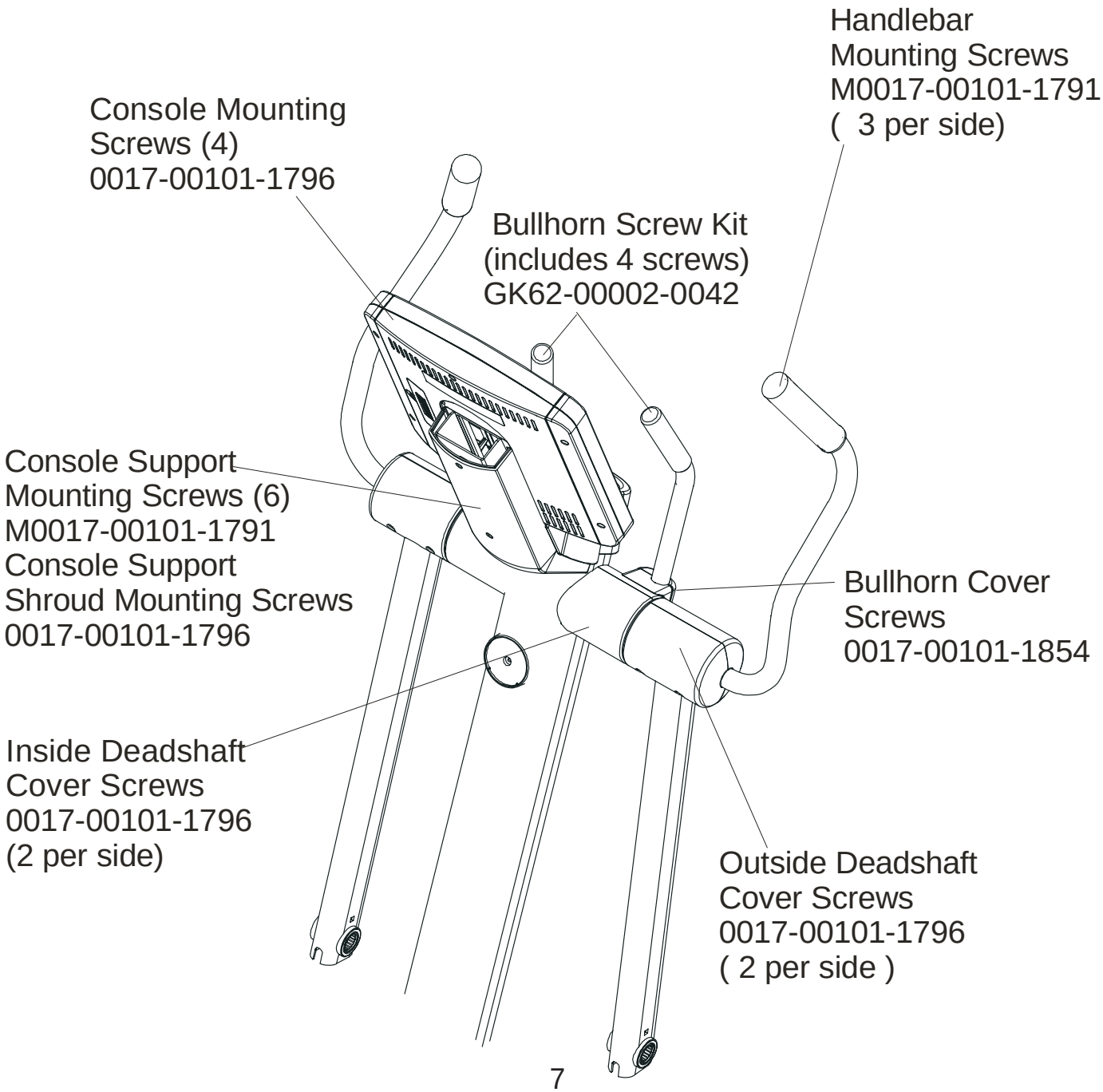
NOTE: The Right Bullhorn Assembly consists of: AK62-00057-0001 Bullhorn, M0K62-01136-0000 Grip, and M0K62-01199-0000 Gasket.

NOTE: The Left Bullhorn Assembly consists of: AK62-00058-0001 Bullhorn, M0K62-01136-0000 Grip and M0K62-01199-0000 Gasket



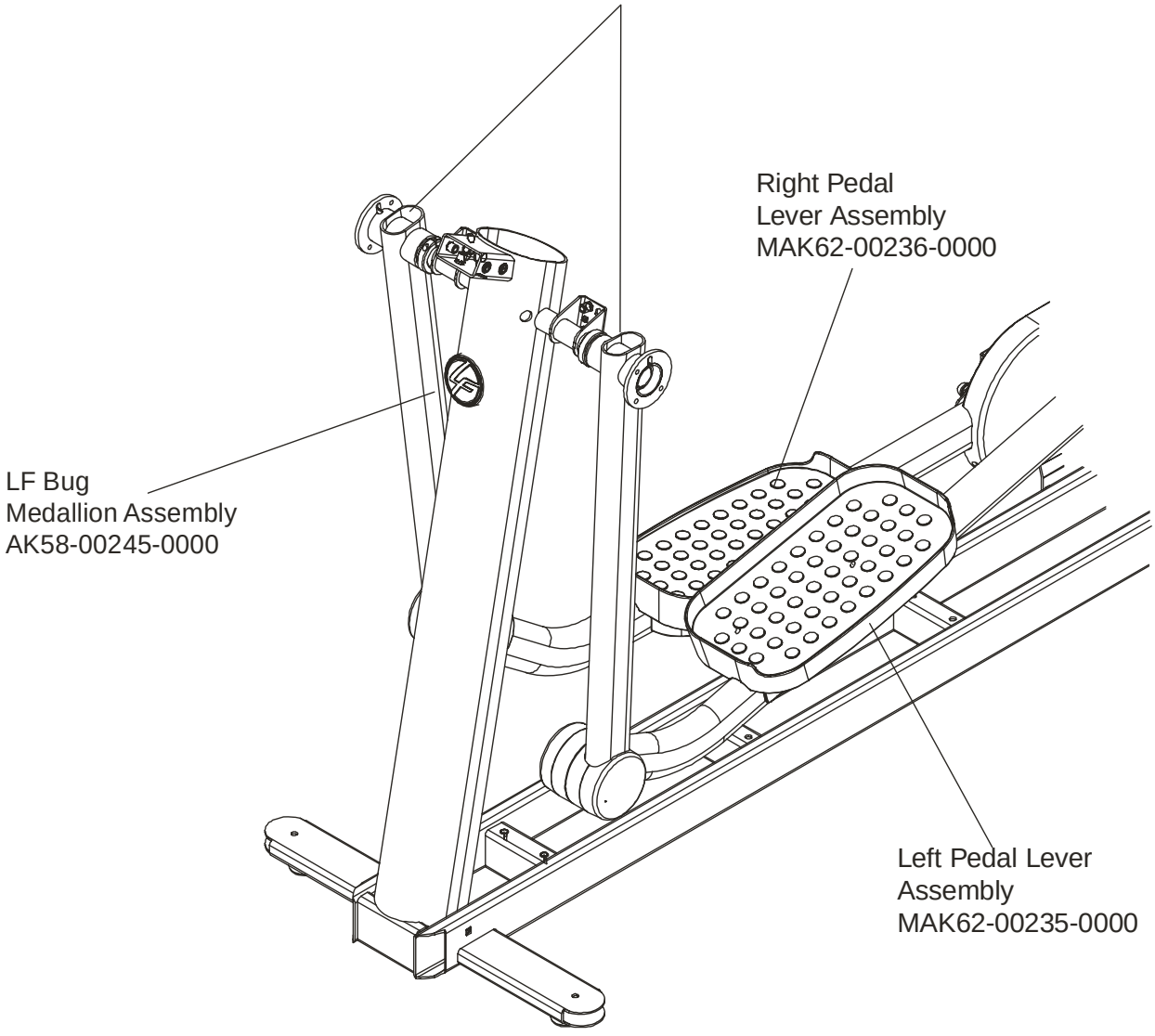
CONSOLE	OVERLAY/BEZEL/SWITCH	LANGUAGE
AK62-00147-0000	AK62-00180-0001	Multi
AK62-00147-0002	AK62-00189-0006	**Jap/Met**

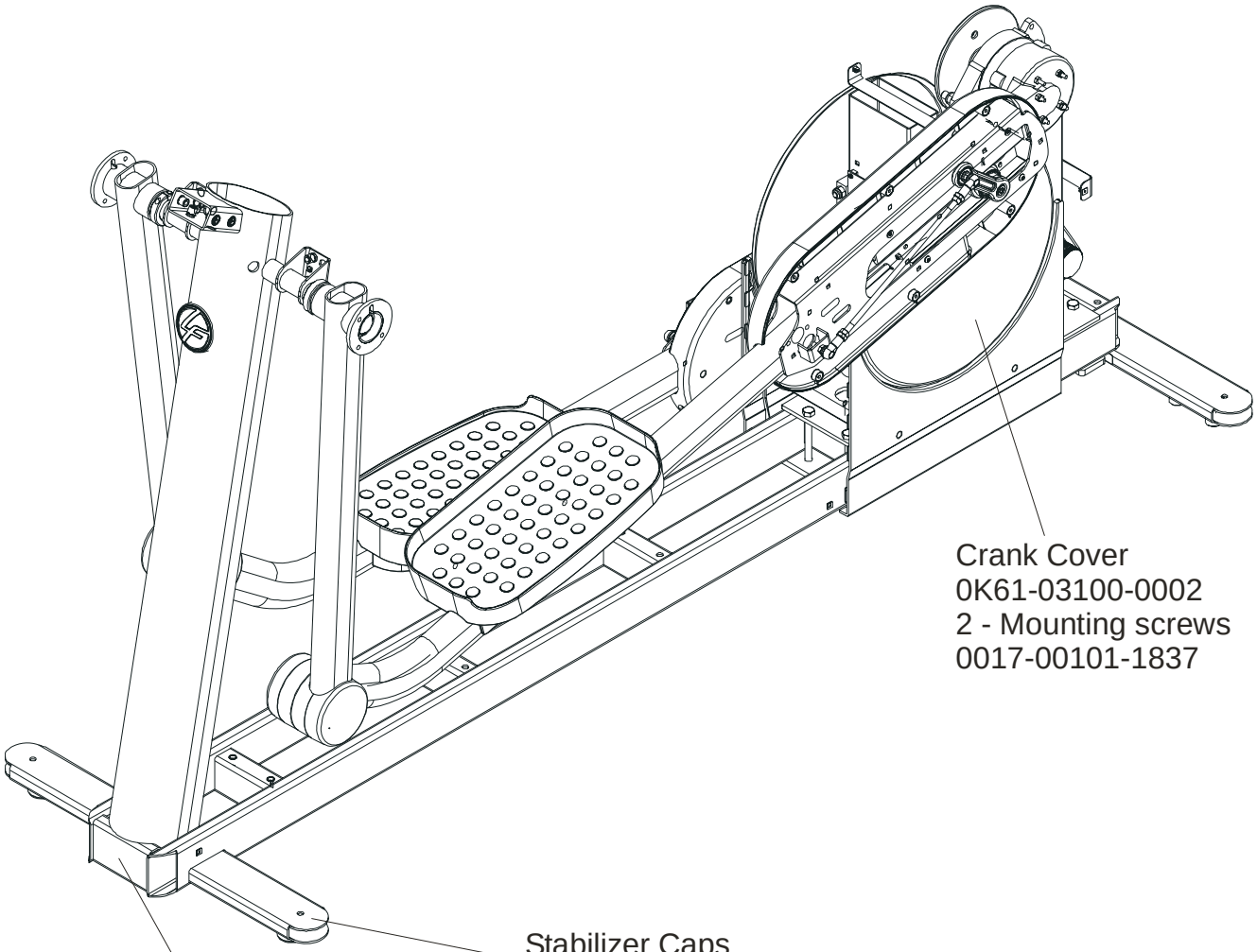
Items Not Shown	
Accessory Tray	M0K62-01022-0000
Accessory Tray Mounting Screws (2)	0017-00101-1846


Handlebar Mounting Screws M0017-00101-1791 (3 per side)
Console Mounting Screws (4) 0017-00101-1796
Bullhorn Screw Kit (includes 4 screws) GK62-00002-0042
Console Support Mounting Screws (6) M0017-00101-1791
Console Support Shroud Mounting Screws 0017-00101-1796
Bullhorn Cover Screws 0017-00101-1854
Inside Deadshaft Cover Screws 0017-00101-1796 (2 per side)
Outside Deadshaft Cover Screws 0017-00101-1796 (2 per side)

Rocker Arms Kit
GK62-00002-0070
contents:
- Rocker Arms (2)
- Hardened Spacers (2)
- Oilite Washers (2)
- Retaining Rings (2)
- Loctite 620
- Alcohol pad

Rocker Arms
AK62-00062-0001
Shaft Collar w/Screws
0K61-01259-0000

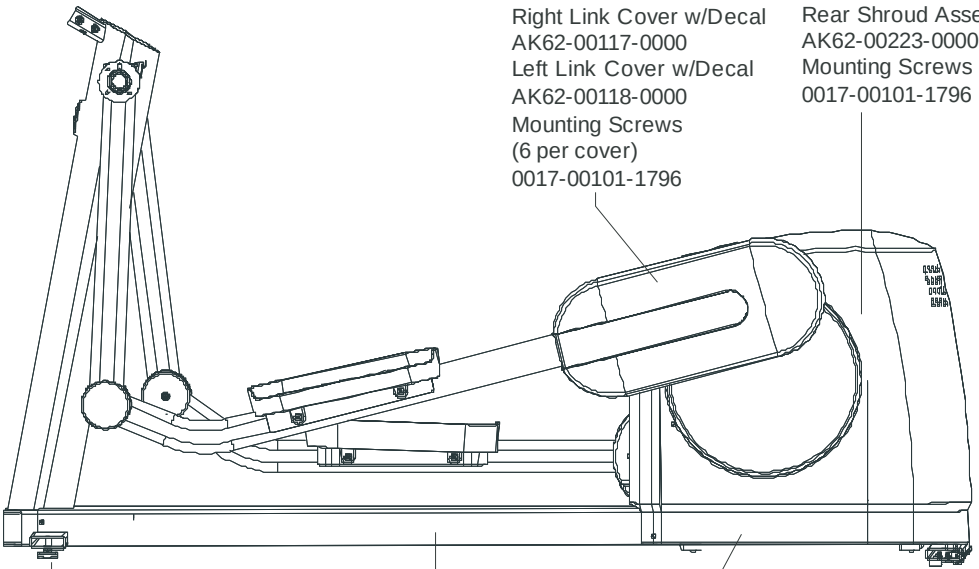




Crank Cover
0K61-03100-0002
2 - Mounting screws
0017-00101-1837

Stabilizer Caps
4 - 0K62-01003-0000

Front frame Cap
M0K62-01004-0000
Mounting Screws
(Located on front sides of Ladder Frame Cover)
2- 0017-00101-1795



Right Link Cover w/Decal
AK62-00117-0000
Left Link Cover w/Decal
AK62-00118-0000
Mounting Screws
(6 per cover)
0017-00101-1796

Rear Shroud Assembly
AK62-00223-0000
Mounting Screws (4)
0017-00101-1796

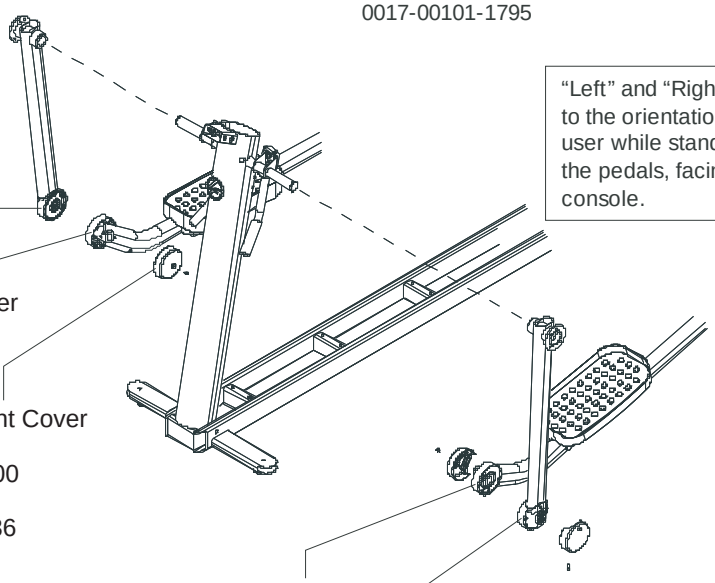
Leg Levelers
AK62-00124-0000

Ladder Frame Cover w/Decal
AK62-00106-0000
Mounting Screws (4)
0017-00101-1795

Shroud Panel
0K62-01002-0002
Mounting Screws
(2 per side)
0017-00101-1795

Wheel/Bracket Assembly
AK62-00102-0000
Mounting Screws
(3 per assembly)
0017-00101-1789

Rocker Cover Kit
(left or right, includes
clip and mounting screw)
GK62-00002-0066
Mounting Screw
0017-00101-1796



"Left" and "Right" refer to the orientation of a user while standing on the pedals, facing the console.

Right Outside Rocker Cover
0K62-01037-0000

Right Inside Rocker Cover
0K62-01039-0000

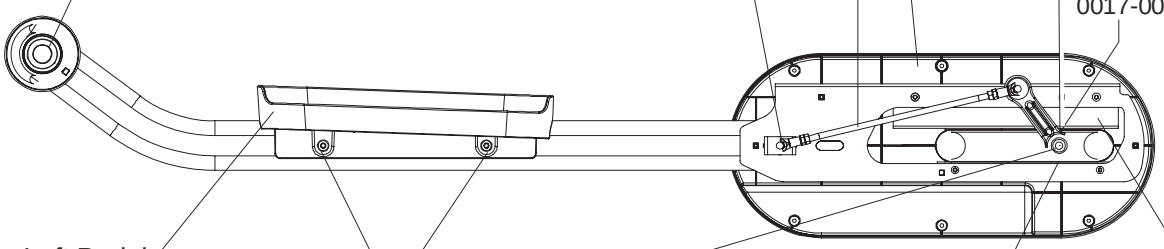
Inside Lever Joint Cover
(left or right)
0K62-01035-0000
Mounting Screw
0017-00101-1836

Left Inside Rocker Cover
0K62-01040-0000

Left Outside Rocker Cover
0K62-01038-0000

Pedal Lever Assembly Components

S/N XHB054206148



Control Link Kit
GK62-00002-0071
(contains 2 control links,
part nos. AK62-00384-0000)

E-Ring
0017-00100-0107
Thrust Washer
0K47-01105-0000
Brass Washer
0K47-01104-0000
Pedal/Rocker Shaft & Bearings
Order Kit GK62-00002-0001

Control Links (2)
AK62-00384-0000

Right Inside Pedal Cover
0K62-01015-0000
Left Inside Pedal Cover
0K62-01016-0000
Mounting screws (5)
0017-00101-1796

Washer
0017-00104-0479
Nut
0017-00103-0333

Hex nut
0017-00103-0333

Crank Extension
Mounting Bolt
0017-00101-1907

Left Pedal
M0K62-01005-0000
Right Pedal
M0K62-01006-0000

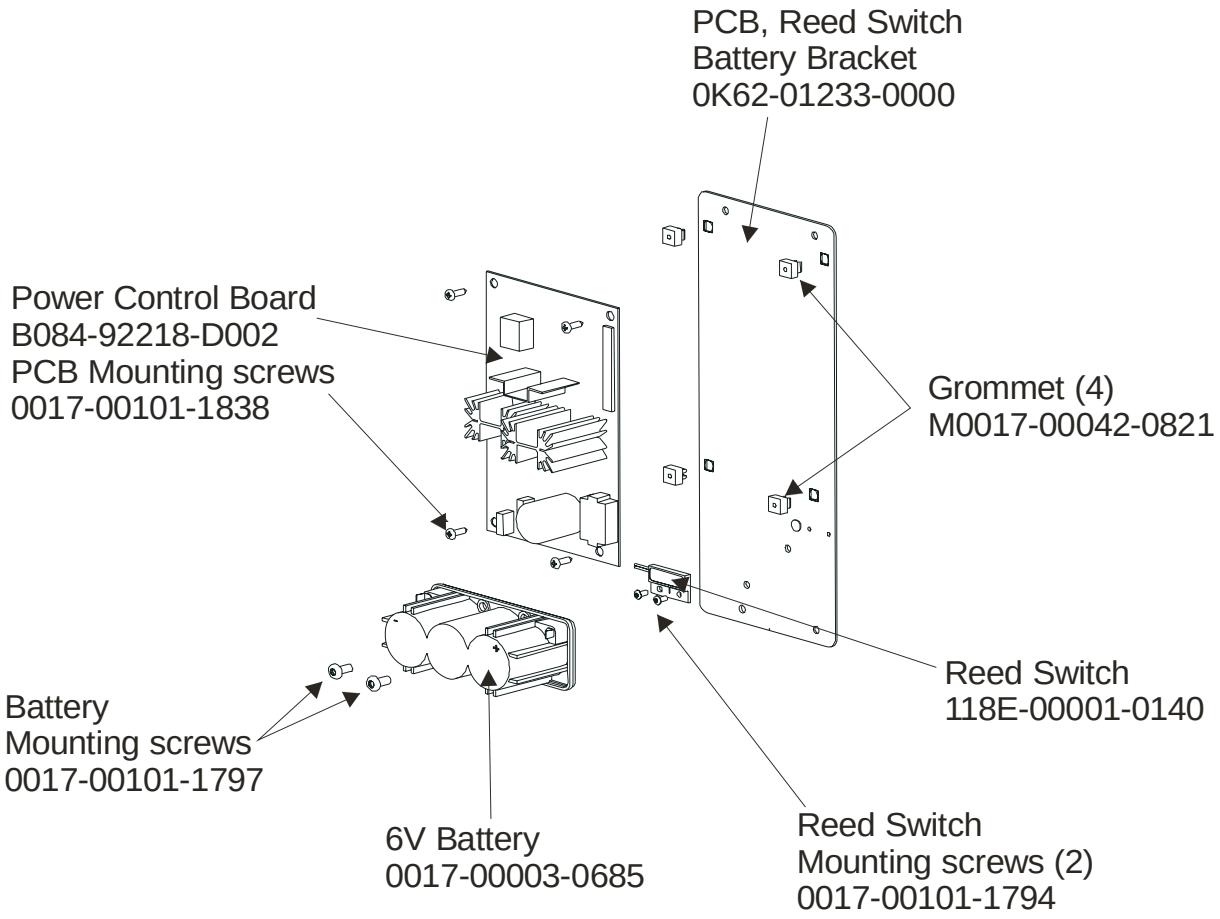
Pedal Mounting
Hardware Screws (4)
0017-00101-1805
Washer (4)
0017-00104-0469

Roller w/bearing
AK62-00196-0001
Shaft Collar
0K62-01065-0000
Washer
0017-00104-0474
Brass Washer
0K47-01104-0000
Anti-Lift Roller
0K62-01191-0000

Anti-Lift Track
0K62-01208-0000
Screws (2)
0017-00101-1836

Roller Extrusion
AK62-00197-0000
Screws (4)
M0017-00101-1789

Note: Units with old control link assemblies
will require kit MGK62-00002-0015
when replacing either the tie rod assembly
or the crank extension for the first time.

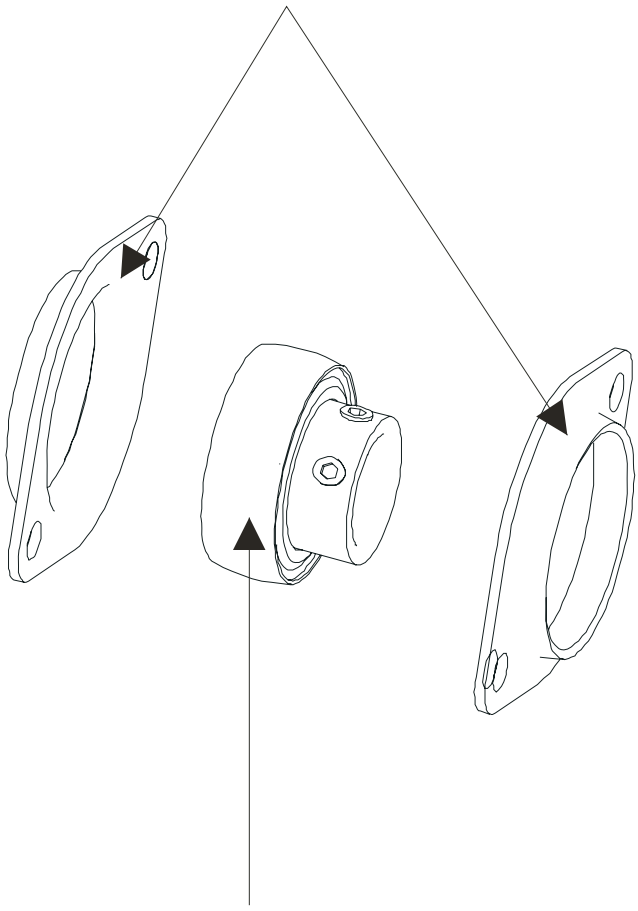

PCB, Reed Switch
Battery Bracket
0K62-01233-0000
Power Control Board
B084-92218-D002
PCB Mounting screws
0017-00101-1838
Grommet (4)
M0017-00042-0821
Reed Switch
118E-00001-0140
Battery
Mounting screws
0017-00101-1797
6V Battery
0017-00003-0685
Reed Switch
Mounting screws (2)
0017-00101-1794

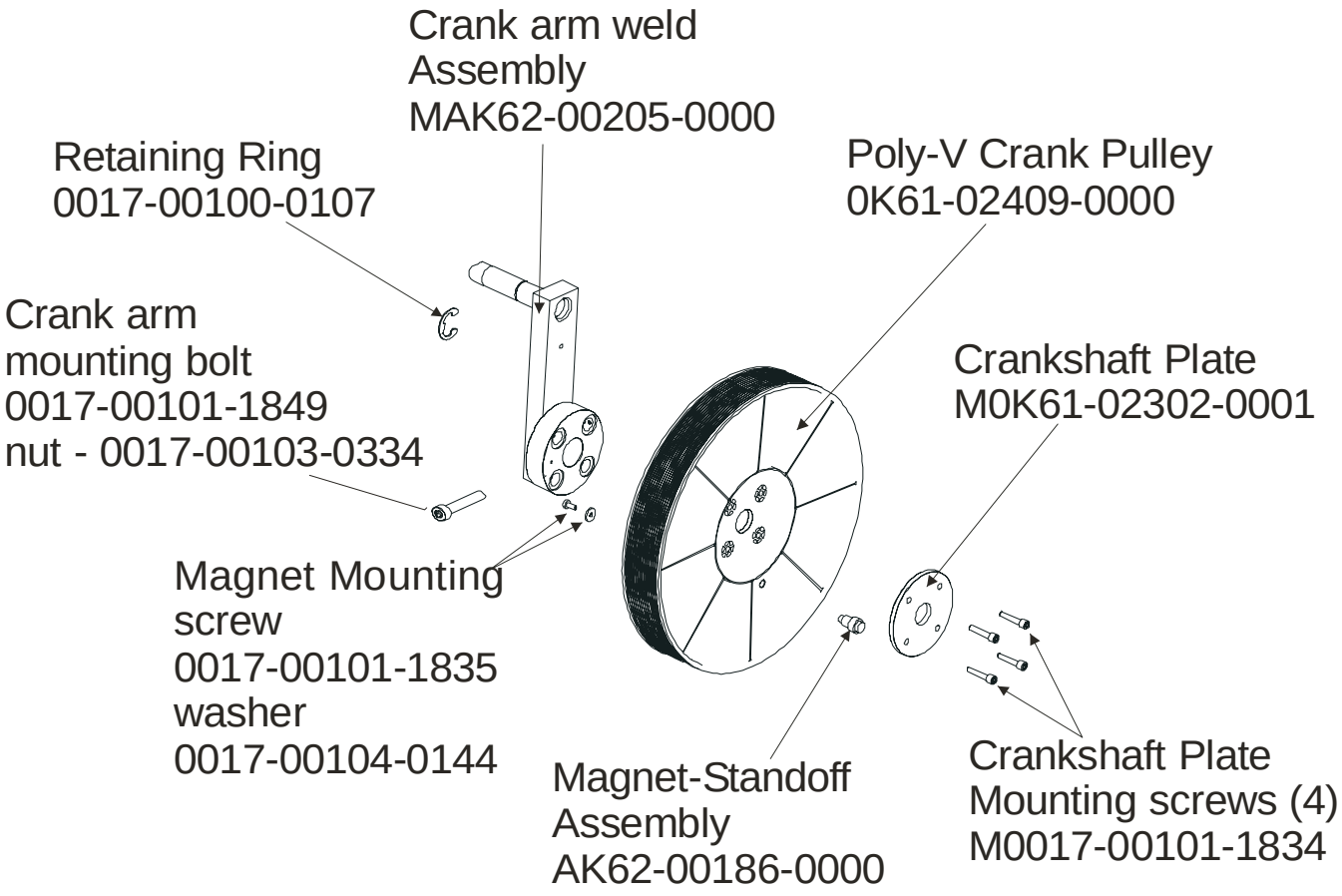
Service Kit-
MGK62-00002-0044
Includes:

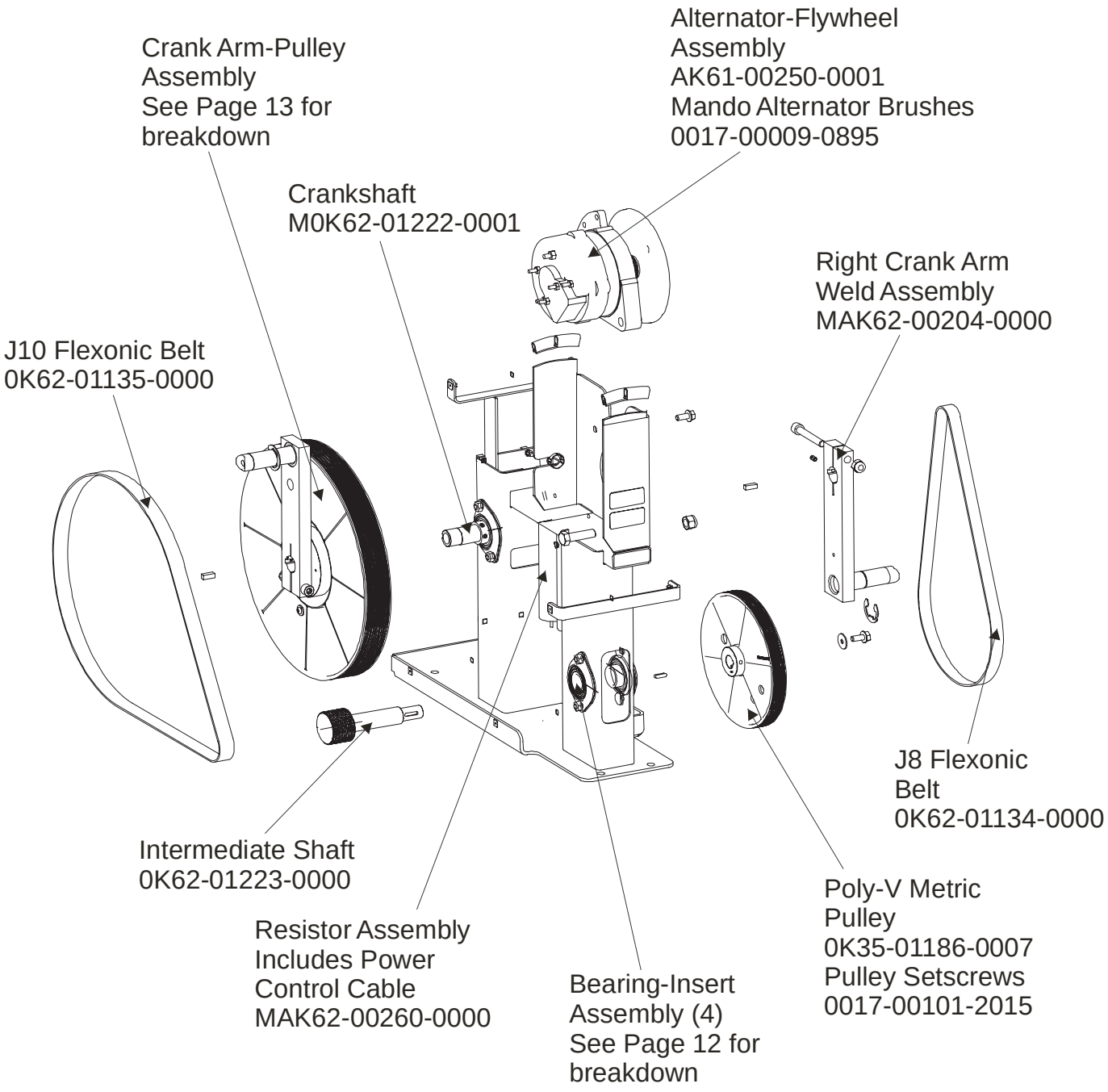
1 - crankshaft
2 - bearings
2 - sets of bearing flanges
4 - weldnuts and flat washers
4 - bolts

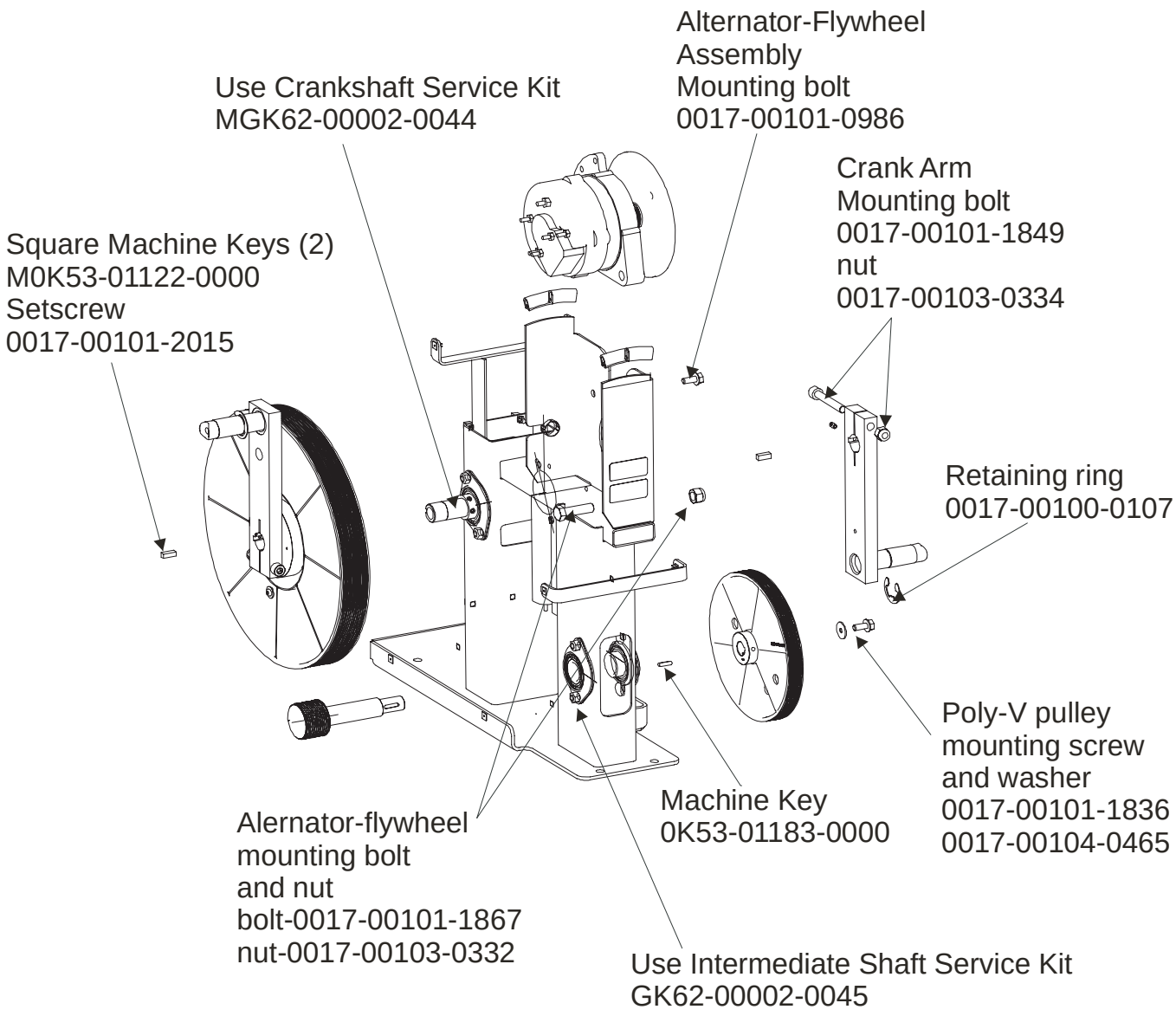
Service Kit- GK62-00002-0045
Includes:

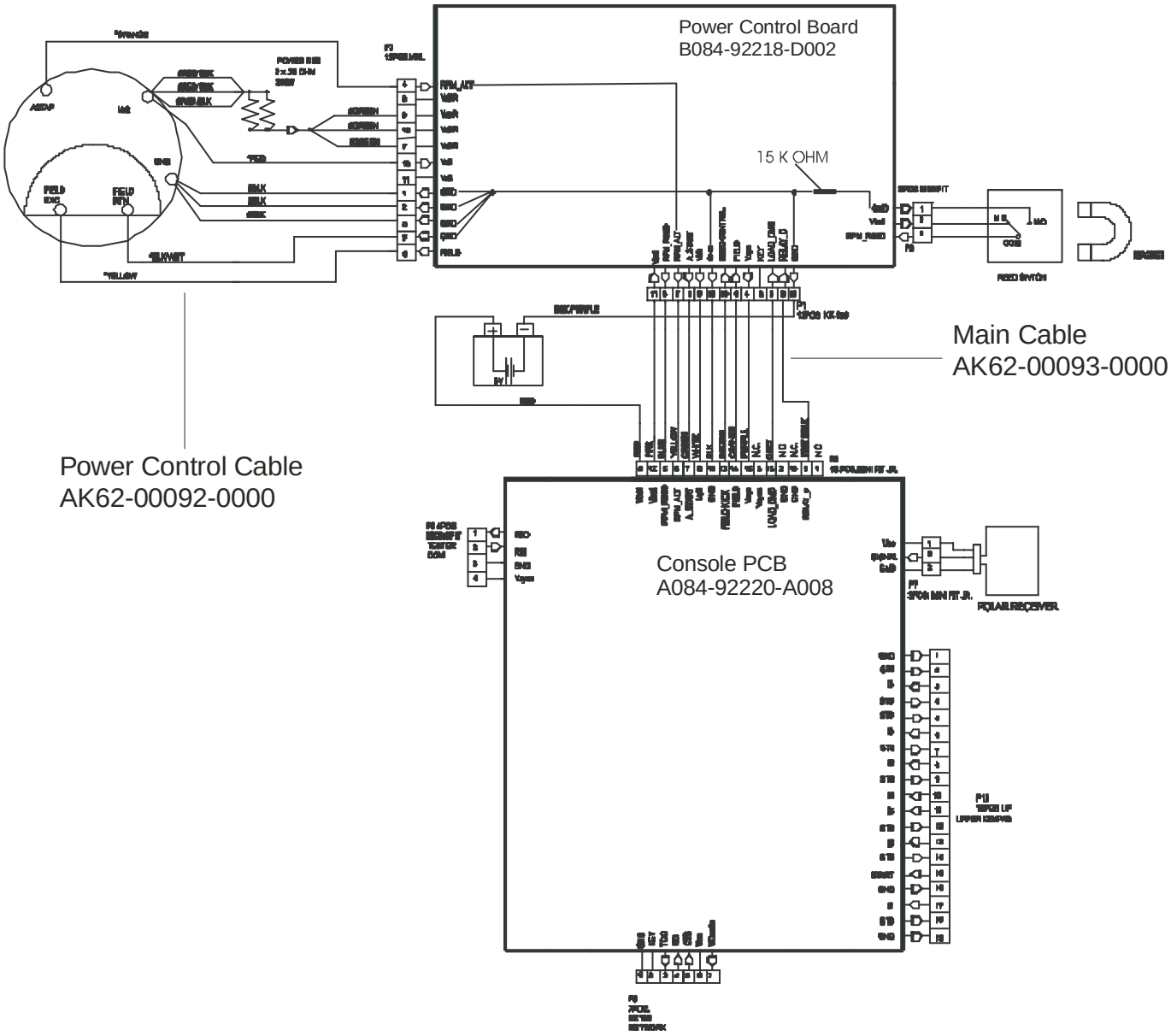
1 - intermediate shaft
2 - bearings
2 - sets of bearing flanges
4 - weldnuts and flat washers
4 - bolts




Crank arm weld
Assembly
MAK62-00205-0000
Retaining Ring
0017-00100-0107
Poly-V Crank Pulley
0K61-02409-0000
Crank arm
mounting bolt
0017-00101-1849
nut - 0017-00103-0334
Crankshaft Plate
M0K61-02302-0001
Magnet Mounting
screw
0017-00101-1835
washer
0017-00104-0144
Magnet-Standoff
Assembly
AK62-00186-0000
Crankshaft Plate
Mounting screws (4)
M0017-00101-1834


Crank Arm-Pulley Assembly
See Page 13 for breakdown
Alternator-Flywheel Assembly
AK61-00250-0001
Mando Alternator Brushes
0017-00009-0895
Crankshaft
M0K62-01222-0001
Right Crank Arm Weld Assembly
MAK62-00204-0000
J10 Flexonic Belt
0K62-01135-0000
J8 Flexonic Belt
0K62-01134-0000
Intermediate Shaft
0K62-01223-0000
Resistor Assembly
Includes Power Control Cable
MAK62-00260-0000
Bearing-Insert Assembly (4)
See Page 12 for breakdown
Poly-V Metric Pulley
0K35-01186-0007
Pulley Setscrews
0017-00101-2015


Alternator-Flywheel
Assembly
Mounting bolt
0017-00101-0986
Use Crankshaft Service Kit
MGK62-00002-0044
Crank Arm
Mounting bolt
0017-00101-1849
nut
0017-00103-0334
Square Machine Keys (2)
M0K53-01122-0000
Setscrew
0017-00101-2015
Retaining ring
0017-00100-0107
Poly-V pulley
mounting screw
and washer
0017-00101-1836
0017-00104-0465
Machine Key
0K53-01183-0000
Alernator-flywheel
mounting bolt
and nut
bolt-0017-00101-1867
nut-0017-00103-0332
Use Intermediate Shaft Service Kit
GK62-00002-0045


Power Control Board
B084-92218-D002
15 K OHM
Main Cable
AK62-00093-0000
Power Control Cable
AK62-00092-0000
Console PCB
A084-92220-A008